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LEGAL BLANKS

ADVICE TO "FLU" CONVALESCENTS

SPAIN AND ENGLAND REPORT INCREASE IN TUBERCULOSIS AFTER INFLUENZA EPIDEMIC.

U. S. Public Health Service Warns Public Against Tuberculosis. One Million Cases Tuberculosis in United States—Each a Source of Danger.

Influenza Convalescents Should Have Lungs Examined—Colds Which Hang On Often Beginning of Tuberculosis. No Cause for Alarm if Tuberculosis Is Recognized Early—Patent Medicines Not to Be Trusted.

- *****
- * Beware tuberculosis after influenza. No need to worry if you take precautions in time.
- * Don't diagnose your own condition. Have your doctor examine your lungs several times at monthly intervals. Build up your strength with right living, good food and plenty of fresh air.
- * Don't waste money on patent medicines advertised to cure tuberculosis.
- * Become a fresh-air crank and enjoy life.
- *****

Washington, D. C.—(Special.)—According to a report made to the United States Public Health Service, the epidemic of influenza in Spain has already caused an increase in the prevalence and deaths from pulmonary tuberculosis. A similar association between influenza and tuberculosis was recently made by Sir Arthur Newsholme, the chief medical officer of the English public health service, in his analysis of the tuberculosis death rate in England.

In order that the people of the United States may profit by the experience of other countries Surgeon General Rupert Blue of the United States Public Health Service has just issued a warning emphasizing the need of special precautions at the present time. "Experience seems to indicate," says the Surgeon General, "that persons whose resistance has been weakened by an attack of influenza are peculiarly susceptible to tuberculosis. With millions of its people recently affected with influenza this country now offers conditions favoring the spread of tuberculosis."

One Million Consumptives in the United States.

"Then you consider this a serious menace?" was asked. "In my opinion it is, though I hasten to add it is distinctly one against which the people can guard. So far as one can estimate there are at present about one million cases of tuberculosis in the United States. There is unfortunately no complete census available to show exactly the number of tuberculosis persons in each state despite the fact that most of the states have made the disease reportable. In New York city, where reporting has been in force for many years, over 35,000 cases of tuberculosis are registered with the Department of Health. Those familiar with the situation believe that the addition of unrecognized and unreported cases would make the number nearer 50,000. The very careful health survey conducted during the past two years in Framingham, Mass., revealed 200 cases of tuberculosis in a population of approximately 15,000. If these proportions hold true for the United States as a whole they would indicate that about one in every hundred persons is tuberculous. Each of these constitutes a source of danger to be guarded against."

What to Do.

In his statement to the public Surgeon General Blue points out how those who have had influenza should protect themselves against tuberculosis. "All who have recovered from influenza," says the Surgeon General, "should have their lungs carefully examined by a competent physician. In fact, it is desirable to have several examinations made a month apart. Such examinations cannot be made through the clothing nor can they be carried out in two or three minutes. If the lungs are found to be free from tuberculosis every effort should be made to keep them so. This can be done by right living, good food and plenty of fresh air."

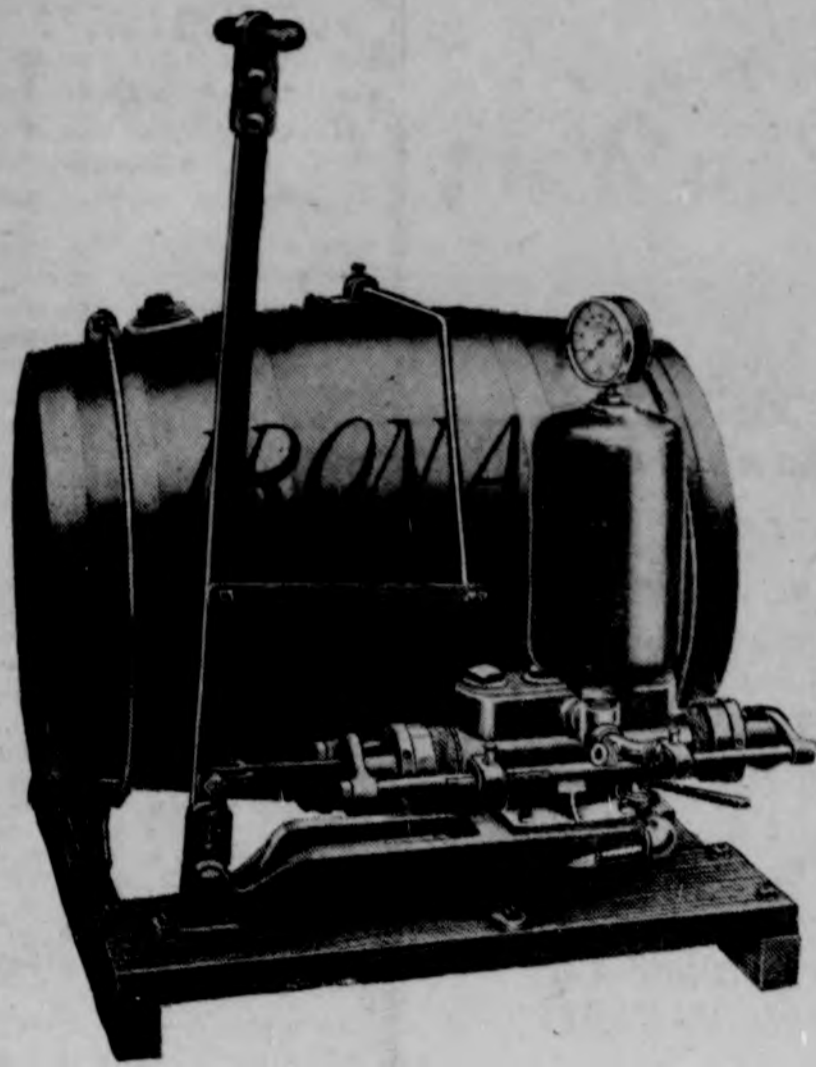
Danger Signs.

The Surgeon General warned especially against certain danger signs, such as "decline" and "colds which hang on."

These, he explained, were often the beginning of tuberculosis. "If you do not get well promptly, if your cold seems to hang on or your health and strength decline, remember that these are often the early signs of tuberculosis. Place yourself at once under the care of a competent physician. Tuberculosis is curable in the early stages.

Patent Medicines Dangerous in Tuberculosis.

"Above all do not trust in the misleading statements of unscrupulous patent medicine makers. There is no specific medicine for the cure of tuberculosis. The money spent on such medicines is thrown away; it should be spent instead for good food and decent living."



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SAPPERS' INC.

Notice for Publication.

Department of the Interior, U. S. Land Office at La Grande, Oregon, Dec. 4, 1918.

Notice is hereby given that Charles A. Keller, of Hermiston, Oregon, who, on May 12, 1915, made Reclamation Homestead Entry, Number 014667, for Farm Unit "S" of SW 1/4, Section 32, Township 5 North, Range 29 East, Willamette Meridian, has filed notice of his intention to make three-year proof, to establish claim to the land above described, before W. J. Warner, United States Commissioner, at his office, at Hermiston, Oregon, on the 8th day of February, 1919.

Claimant names as witnesses: Otto G. Sapper, Henry M. Sommerer, Paul M. Miller and John L. Waller, all of Hermiston, Oregon.

C. S. DUNN, Register.

Notice for Publication.

Department of the Interior, U. S. Land Office at La Grande, Oregon, Dec. 4, 1918.

Notice is hereby given that Paul M. Miller, of Hermiston, Oregon, who, on May 12, 1915, made Reclamation Homestead Entry, Number 014669, for Lot 4 (Fractional SW 1/4 SW 1/4), Section 32, Township 5 North, Range 29 East, Willamette Meridian, has filed notice of intention to make three-year proof, to establish claim to the land above described, before W. J. Warner, United States Commissioner, at his office, at Hermiston, Oregon, on the 7th day of February, 1919.

Claimant names as witnesses: Otto G. Sapper, Charles A. Keller, William J. Downer and Henry M. Sommerer, all of Hermiston, Oregon.

C. S. DUNN, Register.

Notice for Publication.

Department of the Interior, U. S. Land Office at La Grande, Oregon, Dec. 3, 1918.

Notice is hereby given that John L. Waller, of Hermiston, Oregon, who, on June 1, 1909, made Reclamation Homestead Entry, Number 06606, for Unit "F" of NE 1/4, Section 6, Township 4 North, Range 29 East, Willamette Meridian, has filed notice of intention to make five-year proof, to establish claim to the land above described, before W. J. Warner, United States Commissioner, at his office, at Hermiston, Oregon, on the 8th day of Feb., 1919.

Claimant names as witnesses: Charles A. Keller, Henry M. Sommerer, Herbert A. McKeen and William A. Leathers, all of Hermiston, Oregon.

C. S. DUNN, Register.

Notice for Publication.

Department of the Interior, U. S. Land Office at La Grande, Oregon, Dec. 4, 1918.

Notice is hereby given that Birt Pullar, of Echo, Oregon, who, on December 8, 1913, made Homestead Entry, No. 012665, for NE 1/4, Section 30, Township 3 North, Range 27 East, Willamette Meridian, has filed notice of intention to make three-year proof, to establish claim to the land above described, before W. J. Warner, United States Land Commissioner, at his office, at Hermiston, Oregon, on the 10th day of February, 1919.

Claimant names as witnesses: Roy F. Dawson, Oliver Lee, John Pullar and S. S. Nelson, all of Echo, Oregon.

C. S. DUNN, Register.

LODGE DIRECTORY

QUEEN ESTHER CHAPTER No. 101, O. E. S. Meets second Tuesday evening of each month at 8:00 sharp in Mack's hall. Visiting members welcome. Stella A. Hill, W. M. Kathryn L. Garner, Sec.

HERMISTON LODGE NO. 138, A. F. & A. M. Meets in Masonic Hall on First Tuesday evening of each month. Visiting brethren welcome. H. K. Dean, Secy. J. H. Young, W. M.

VINEYARD LODGE NO. 206, I. O. O. F. Meets each Saturday evening in Odd Fellows hall. Visiting members cordially invited. W. R. Longhorn, Sec. J. S. West, Noble Grand.

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